

Nossa Balada

Jef Camps & Lisa Carlier

Type : Phrased Novelty (A: 32 counts, B: 32 counts, C: 32 counts, D: 32 counts)

Level : Intermediate

Music : "Balada Boa" by Gustavo Lima

Sequence : A, B, C, A, B, C, D, B, C, A, B, C, D'

Part A:

CROSS, SIDE, SAILORSTEP, DIAG.

ROCKSTEP, TRIPPLE TURN

- 1 RF cross over LF
- 2 LF step left
- 3 RF cross behind LF
- & LF step left
- 4 RF step right (slightly fwd)
- 5 LF diagonally R fwd
- 6 RF recover
- 7 ½ turn left, LF step fwd
- & RF close next to LF
- 8 ½ turn left, LF step fwd

SIDE ROCK, CROSS SHUFFLE, TURN, STEPLOCKSTEP BWD

- 1 RF step right
- 2 LF recover
- 3 RF cross over LF
- & LF step left
- 4 RF cross over LF
- 5 ¼ turn right, LF step back
- 6 ¼ turn right, RF step fwd
- 7 ½ turn right, LF step bwd,
- & RF lock in front of LF
- 8 LF step bwd

ROCKSTEP, KICK, OUT-OUT, HIP SWAYS, TURN, COASTERSTEP

- 1 RF step bwd
- 2 LF recover
- 3 RF kick fwd
- & RF step right
- 4 LF step left, push hip left
- 5 Push hip right
- 6 Push hip left
- 7 ¼ turn right, RF step back
- & LF close next to RF
- 8 RF step fwd

TURN, MAMBO STEP, ROCKSTEP, HIP

TURN

- 1 ½ turn right, LF step back
- 2 ½ turn right, RF step fwd
- 3 LF step fwd
- & RF recover
- 4 LF close next to RF
- 5 RF step back
- 6 LF recover
- 7 RF step diagonally R fwd, start hip roll
- 8 ¼ turn left, end hip roll (weight on LF)

Part B:

CROSS SAMBA'S, ROCK & TURN, PRISSY WALKS

- 1 RF cross over LF
- & LF step left
- 2 RF step diagonally R fwd
- 3 LF cross over RF
- & RF step right
- 4 LF step diagonally L fwd
- 5 RF step fwd
- & LF recover
- 6 ½ turn right, RF step fwd
- 7 LF step fwd (crossed over RF)
- 8 RF step fwd (crossed over LF)

SIDE, TOUCH x2, WALK AROUND

- 1 LF step left
 - 2 RT touch diagonally R fwd
 - 3 RF step right
 - 4 LT touch diagonally L fwd
 - 5 ¼ turn left, LF step fwd
 - 6 ¼ turn left, RF step fwd
 - 7 ¼ turn left, LF step fwd
 - 8 ¼ turn left, RF step fwd
- (Counts 5,6,7,8: walk around in a ½ circle, making a full turn left)

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CROSS SAMBA'S, ROCK & TURN, PRISSY

WALKS

- 1 LF cross over RF
- & RF step right
- 2 LF step diagonally L fwd
- 3 LR cross over LF
- & LF step left
- 4 RF step diagonally R fwd
- 5 LF step fwd
- & RF recover
- 6 ½ turn left, LF step fwd
- 7 RF step fwd (crossed over LF)
- 8 LF step fwd (crossed over RF)

SIDE, TOUCH x2, OUT-OUT-IN-IN

- 1 RF step right
- 2 LT touch diagonally L fwd
- 3 LF step left
- 4 RT touch diagonally R fwd
- 5 RF step diagonally R fwd
- 6 LF step diagonally L fwd
- 7 RF step back to center
- 8 LF close next to RF

Part C:

SIDE MAMBO'S, PADDLE FULL TURN L

- 1 RF step right
- & LF recover
- 2 RF close next to LF
- 3 LF step left
- & RF recover
- 4 LF close next to RF
- 5 ¼ turn left, RF touch to side
- 6 ¼ turn left, RF touch to side
- 7 ¼ turn left, RF touch to side
- 8 ¼ turn left, RF touch next to LF

PUSHES TRAVELLING BWD, WALKS, STEP,

TURN

- & RF step back
- 1 LF push hip fwd
- & LF step back
- 2 RF push hip fwd
- & RF step back
- 3 LF push hip fwd
- & LF step back
- 4 RF close next to LF (weight on LF)
- 5 RF step fwd
- 6 LF step fwd
- 7 RF step fwd
- 8 ½ turn left, weight on LF

CHASSEE, TURN, SIDE-TOGETHER-BACK x2

- 1 RF step right
- & LF close next to RF
- 2 ¼ turn right, RF step fwd
- 3 LF step left
- & RF close next to LF
- 4 LF step back
- 5 RF step right
- & LF close next to RF
- 6 ¼ turn right, RF step fwd
- 7 LF step left
- & RF close next to LF
- 8 LF step back

BACK, TOE TOUCHES, TURN, CHASSEE

- 1 RF step back
- 2 LF touch to side
- & LF close next to RF
- 3 RF touch to side
- & RF close next to LF
- 4 LF touch next to RF
- 5 ¼ turn left, LF step fwd
- 6 ½ turn left, RF step back
- 7 ¼ turn left, LF step left
- & RF close next to LF
- 8 LF step left

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Part D:

CROSS &SIDE x2, SHUFFLE, STEP, TURN

- 1 RF cross over LF
- & LF recover
- 2 RF step right
- 3 LF cross over RF
- & RF recover
- 4 LF step left
- 5 RF step fwd
- & LF close next to RF
- 6 RF step fwd
- 7 LF step fwd
- 8 ½ turn right, weight on RF

WEAVE, TOUCH, WEAVE, TOUCH

- 1 LF cross over RF
- 2 RF step right
- 3 LF cross behind RF
- 4 RF touch to side
- 5 RF cross over LF
- 6 LF step left
- 7 RF cross behind LF
- 8 LF touch to side

CROSS &SIDE x2, SHUFFLE, STEP, TURN

- 1 LF cross over RF
- & RF recover
- 2 LF step left
- 3 RF cross over LF
- & LF recover
- 4 RF step right
- 5 LF step fwd
- & RF close next to LF
- 6 LF step fwd
- 7 RF step fwd
- 8 ½ turn left, weight on LF

WEAVE, TOUCH, WEAVE, TOUCH

- 1 RF cross over LF
- 2 LF step left
- 3 RF cross behind LF
- 4 LF touch to side
- 5 LF cross over RF
- 6 RF step right
- 7 LF cross behind RF
- 8 RF touch to side

Have fun!! 😊

